

Inch Loss Log for Men

Name:	
Phone:	

week 1	measurment
Chest	
Waist	
Thigh	
Arm	

week 7	measurment
Chest	
Waist	
Thigh	
Arm	

week 2	measurment
Chest	
Waist	
Thigh	
Arm	

week 8	measurment
Chest	
Waist	
Thigh	
Arm	

week 3	measurment
Chest	
Waist	
Thigh	
Arm	

week 9	measurment
Chest	
Waist	
Thigh	
Arm	

week 4	measurment
Chest	
Waist	
Thigh	
Arm	

week 10	measurment
Chest	
Waist	
Thigh	
Arm	

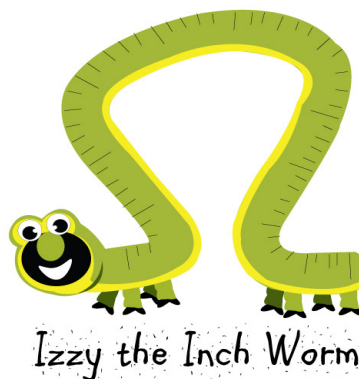
week 5	measurment
Chest	
Waist	
Thigh	
Arm	

week 11	measurment
Chest	
Waist	
Thigh	
Arm	

week 6	measurment
Chest	
Waist	
Thigh	
Arm	

week 12	measurment
Chest	
Waist	
Thigh	
Arm	

total lost	measurment
Chest	
Waist	
Thigh	
Arm	



Complete and return form to:
 Stephanie Marshall
 C/O Personnel Cabinete D.E.I.
 Journey to Wellness
 501 High Street 2nd Floor
 Frankfort, KY 40601

Take Your Measurements

This is one of our favorite ways of tracking progress because it doesn't require any fancy equipment and anyone can do it. Taking your measurements at certain areas can give you an idea of where you're losing fat, which is important since we all lose fat in different areas and in a different order. Taking your measurements can help reassure you that that things are happening--even if you're not losing fat exactly where you want just yet.

Start by wearing tight fitting clothing (or no clothing) and make a note of what you're wearing so you know to wear the same clothes the next time you measure. Here's how to do it:

- Bust: Measure around the chest right at the nipple line, but don't pull the tape too tight.
- Chest: Measure just under your bust
- Waist: Measure a half-inch above your belly button or at the smallest part of your waist
- Hips: Place tape measure around the biggest part of your hips
- Thighs: Measure around the biggest part of each thigh
- Calves: Measure around the largest part of each calf
- Upper arm: Measure around the largest part of each arm above the elbow
- Forearm: Measure around the largest part of the arm below the elbow.

You can use this progress log to record your measurements. Take them once a week.

Source: http://exercise.about.com/lr/tracking_progress

